# THE LIONS' PRIDE

## a refreshing 2020 start

# Campus News

# Remembering Those That Roared

Photos by: John Hall

**Lacrosse Players and the wider Saint Leo community continue to support each other after the loss of Freshman Blake Crownover on Jan 15.**

John Hall
*Editor in-Chief*

Spring 2020 has started and the hearts of Saint Leo Lions throughout University Campus are heavy.

Within the 6 weeks after the close of the fall semester, the community lost three of its members. December saw the passing of two students: Michael (Mike) Carbonaro Jr., a veteran and biology major as well as Ismael Guardado.

Tragically, Ernest Blake Crownover, a freshman biology major and lacrosse player, passed away in a traffic accident on Jan. 15.

The three losses shake the University to its core as each student made considerable contributions to their parts of the community.

On Jan. 16, the community filled Saint Leo Abbey Church for the memorial of Carbonaro. Carbonaro, who began in the Criminal Justice Field, transferred to the biology program to become a physical therapist in an effort to help his brothers and sister that serve.

During his tenure at the university, Carbonaro was an active student veteran having attended many conferences, seminars and workshops with other veteran students.

The events Carbonaro participated in included, but were not limited to, the NatCon (the National Conference for Student Veterans of America) 2018 and a workshop with Congressional U.S. Representative Gus Bilirakis, where they discussed issues and concerns relevant to veteran interests.

Members of faculty, staff, his professors, and his close friends took to the podium to remember Carbonaro, as he was a serious, yet jovial person.

University President, Dr. Jeffrey Senese, shared words of comfort from the Saint Leo University community and presented a posthumously conferred degree to Mike Carbonaro Jr. to the Carbonaro family,

Associate Professor of Chemistry, Dr. Patrick Sheridan, shared one of his most fond moments of Carbonaro in the classroom. Sheridan recalled the student along with others during a lab period using his cell phone - a grave infraction for any student in a lab.

Sheridan said upon instruction all other students quickly put their phones away as Carbanaro stared in disbelief.

With a look of mischief in his eye, Carbanaro smiled and Sheridan recalled fondly the dimples embedded in the student's face.

Other members of the community paid tribute to Carbanaro including Adjunct Professor Frank Hernandez who also recounted fond memories of Carbanaro.

Hailey Kearns, a sophomore and biology biomedical health major recalled Carbanaro.

"Mike was a source of light in my life; he was both my mentor and my friend. Whenever I saw him, he


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# Campus News

would lift my spirits no matter what kind of mood I was in," said Kearns, "Mike has taught me to be fearless, to love myself, to be proud of my accomplishments, to stand up for what I believe in, and so many other things. No one will ever be able to match the energy that he exuded; he impacted so many people on so many different levels. I, and so many others, will miss him deeply."

Recognizing his son's commitment to education, Michael Carbonaro, Sr. explained to The Lions' Pride that the family has started a GoFundMe page that will power a scholarship for a student attending Saint Leo.

Carbonaro Sr. explained that the scholarship will go on every year, in his son's name, for as long as he can sustain it.

Similarly, the candlelight vigil for Crownover was held on Jan. 19 and drew scores of students to the lacrosse field.

In a statement released by Saint Leo athletics, Coach Brad Jorgensen said, "Our players and staff are devastated to have lost our friend, brother, and teammate," said Coach Brad Jorgensen in a statement released by Saint Leo athletics, "Blake joyfully excelled at everything he did and made all of us better for having known him. Our thoughts are with the Crownover family and everyone touched by Blake's passing."

At the candlelight vigil, University President Jeffrey Senese shared with the attendees his personal experience of losing his brother in a traffic accident and encouraged everyone to heal together.

The attendees were comforted through song and words of encouragement from Father Kyle Smith, Campus Minister Tiffany Fettig, and Lucas Nocera of Campus Ministry.

One of the final words came from the lacrosse team's Coach Jorgensen who reflected on the life Crownover shared with the Saint Leo community.

Crownover understood that there were things he needed to improve upon this semester on the field so Jorgensen shared Crownover's tenacity towards becoming better.

Jorgensen encouraged the athletes to value, love, and cherish the opportunity to play and attend classes with their friends, spending time with people outside of family before attending the University. He emphasized the importance of understanding the blessing they were all given. In doing so, they honored Crownover's memory.

Each student the community has lost leaves a hole in the classrooms and the hearts of those that loved them.

Photos by: John Hall

**In honor of Blake, the members of the community gathered for a candlelight vigil on the Lacrosse Field. Many students could not hold back the urge to cry as a moment of silence was observed.**

Photos by: John Hall

**The Carbonaro family were pleased to accept a conferred degree to Mike from Saint Leo University; the sentiments sent shockwaves through the Abbey church.**

Photo provided by: Dr. Howard Carey

**Mike was known to be a very fun-loving, passionate and inspiring to his classmates, showing a passion for life that was unparalleled.**

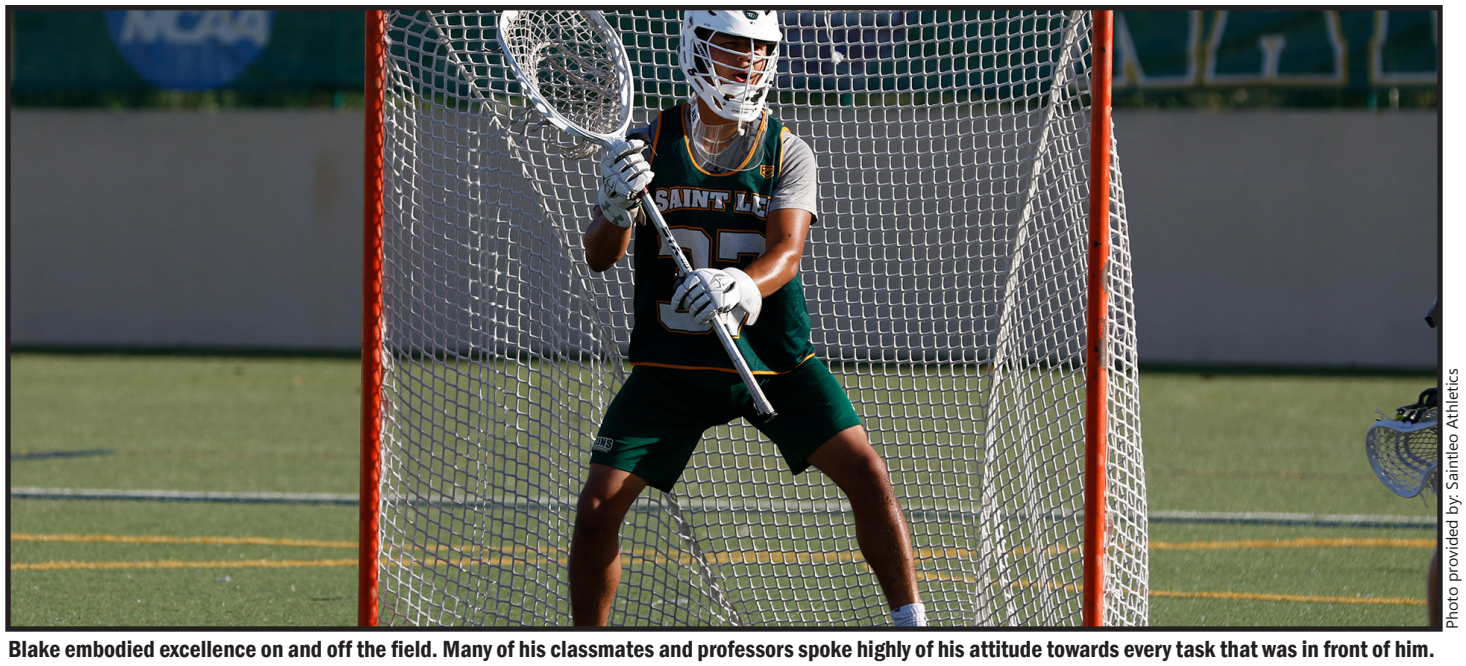

Photo provided by: Saintleo Athletics

**Blake embodied excellence on and off the field. Many of his classmates and professors spoke highly of his attitude towards every task that was in front of him. He will be remembered for his tenacity and for the lives that he touched within the community during his time at the university.**

# Coffee House Jitters

John Hall
*Editor in-Chief*

Launching the new semester, was the opening of Benedicts Coffee House, on University Campus. The new coffee house has become a hub of student activity bringing light to the Eastern end of the campus. The opening garnered the attention of the wider community, drawing scores of persons to University Campus on Jan. 13.

Since its opening, the staff have seen students around the clock, Stan Kaszuba Retail Manager in Dining Services confirms the volume of students. “On average we see approximately 500-600 customers per day but, have definitely had days with higher customer counts. The first week open Jan. 13 - Jan. 20 we served just under 4,000 customers,” said Kaszuba.

On a college campus, it is expected that daily visits at an onsite Starbucks retailer would be predominantly high at all times. Kaszuba says, “Mornings are probably the busiest time of day, however, we do notice a peak each time classes let out. There is also a steady stream of late night customers.”

Confirming this is the level of customers that can be seen throughout the day, forming lines and sitting on the veranda of “Benny’s”. Regarding the hot sellers at Benedict’s Kaszuba says, “Everything, but honestly Frappuccino’s and Smoothies have probably been the top sellers. We have averaged between 900 & 1000 blended beverages in a week so far.

However, iced espresso beverages, hot espresso beverages, Shaken iced teas, Iced coffees, breakfast sandwiches, and bakery items all hover at an average of 500-600 per category in a week.”

Jamie Samia Thompson, a freshman and double major in Accounting and Economics says her favorite drink is the strawberry smoothie. When asked about the performance of the coffee shop Thompson says, “I feel the coffee shop is doing fairly well so far, but as far as making the strawberry smoothies, [I feel] they need to improve the way they make it.

On a few occasions, when I ordered [my drink] and sometimes it will be prepared with whip cream and most times without whip cream, on one occasion it was a little watery. However that is the only real issue, I have had.”

Brianna Cargill a freshman and biology major, says that her favorite drink is also a strawberry smoothie. Cargill says, “The coffee shop is a modern place. Its [products] are a change from the regular drinks in the cafe and the lair.”

With the volume of persons filtering into Benedict’s within the first few weeks, supplies were running low.

By Jan. 18 patrons were disappointed when confronted with a sign saying, “Due to the popularity, we are currently out of Refreshers,

**Students were able to score free paraphernelia from the Benedict's by being one of 200 student entering the doors.**

Smoothies, Chai, Lemonade and Frappuccino’s.” Kaszuba confirmed that for a short period after the opening, the items moved a bit faster than expected.

“Due to the popularity of some items we did have an outage of some menu items shortly after the grand opening, we have tried to ensure that this does not occur again by ordering [a lot] of additional product,” said Kaszuba. He continued, “It was difficult to anticipate the overwhelming popularity of some items, but now that we have a few weeks of sales behind us we are better able to gauge what needs to be ordered each week to maintain adequate supply levels.”

As to whether sales have been affected in other areas of Dining Services, Kaszuba says, “The opening of Benedict's has definitely given, Students, Faculty, Staff, & Visitors another food & beverage option on campus, however, numbers remain steady and on track in the Lions Lair and Dining Hall.

There has not been a noticeable decline in customer counts due to Benedict's, I think in part due to the fact that each location offers different menu selections almost entirely.”

Kaszuba encourages the community to come out and see what Benedict’s has to offer. He says, “We do currently have reusable tumblers for sale, that offer a discount when you come back for a coffee. Also, don't forget to ask for your Pride Perks card, when you purchase a drink if you don't already have one. Earn a stamp each time you purchase a handcrafted beverage and after 9 stamps, your next drink is Free!”

**Benedict's has become a new hub for students looking to socialize, study and just relax in between classes.**

**Students were excited to get a chance to see what Benedict's would offer and lined up earlier in the day to taste the new drinks.**

Photos by John Hall

# Campus News

# On the Shoulders of Giants

**Palmer looks forward to meeting with the next SGU President to hopefully inspire, encourage and help them to execute their own goals.**

**Having had leadership roles in the past, Palmer mentioned that the positive experiences she has attained being SGU President have been a deeper sense of**

John Hall

*Editor-In-Chief*

With half of her presidency already behind her, Celine-Dion Palmer, President of the Student Government Union, is optimistic about the remaining time in her position.

The double major of economics and political science has had the challenge of balancing schoolwork, her work assignments as Resident Assistant Director, the duties of her office, and personal life experience since election in Feb. 2019.

She has worked with the administration at several events during the academic year which include but are not limited to the Bahamas relief efforts, the blessing and opening of Benedict's Coffee Shop, and Martin Luther King Week's Launch.

These events have allowed Palmer to inspire hope and give students the extra push towards achieving their goals in their college careers.

"I think for any person before going into a position of leadership they would say 'oh my gosh I'm going to do all these great things with focus on what's ahead,'" said Palmer, prior to assuming the role as president.

Palmer, believing that the million and one things that she and her vice president campaigned and planned would be executed, was very optimistic.

Since then, she is still positive, however the experience has shown her that everything comes in strides.

"Some of the things my team and I have set out to change has changed. Yet some of the things we had planned are moving slower than expected, but the experience has shown that that's okay," said Palmer.

The slow-moving process of getting an agenda accomplished, although introduced to her by her predecessor, Derick Mcintosh, was more completed in real time as she assumed her role. This presented the only challenge Palmer has had since assuming her role.

Having had leadership roles in the past, Palmer mentioned that the positive experiences she has attained being SGU President have been a deeper sense of student involvement.

"I always say that it is my pleasure to represent the student body, because it is," said Palmer.

Having the ability to hear the students' suggestions and act a conduit between those students and the people that are able to help has been rewarding to Palmer.

With only a few months before her graduation on May 2, there are still a few things on her agenda that Palmer is looking to complete.

A few of these goals include a vending machine to dispense the food items in the pantry to student that are in need, the possibility of hosting monthly lunches at the dining hall to allow students to voice their needs and concerns, the continued promotion of campus resources and events, and working along with Saint Leo Lions to improve school spirit.

Although this represents a fraction of what she would like to accomplish, Palmer believes she stands firmly on the shoulders of the giants before her. She looks forward to meeting with the next SGU President to hopefully inspire, encourage, and help them to execute their own goals.

Photos by: John Hall

**The leadership of The Student Government Union is hard at work. as they prepare for the upcoming elections Feb. 3.**

# Campus News: Exclusive

## Teaching the Next Generation of

Photos by TLPMG

**Dr. Kasper (right) taught the students about the editing process, why we need editors, and how editors can make writers' work even better.**

Gracie Swind

*Editor-In-Chief*

Fourth grade students in Ozona Elementary School's writing club were visited by more than just Santa Claus this winter, as The Lions' Pride Media Group dropped by with their own gift to give.

Over the course of three weeks and six meetings, Dr. Kasper and I visited the thirteen students and taught them about the principles of journalism, what makes for a good journalist, how to write a journalistic article, and much more. They had lots of questions and were incredibly excited to write their own journalistic articles.

We covered editorials, arts and culture, news, and sports articles with the students and split them into four groups, with each group writing one of the four types of journalistic articles. They were then tasked with writing a 300 to 400 word article on a topic of their choosing, so long as the topic fit the style of article their group was assigned.

After a couple lessons and exercises on writing leads and headlines, the students were ready to hit the ground running on their articles, and run they did. Each group took their articles in a completely unique direction, and several of the groups even challenged themselves to incorporate quotes into their articles.

Saint Leo University and The Lions' Pride's visit even caught the attention of the Pinellas County school board, and on the second day of the visit, a camera crew came out to shoot a video about the collaboration between the two schools. The video can be found here: https://youtu.be/2WiBufiKy-k and on the YouTube channel Literocity.

One of the biggest challenges we thought the students might have was with timeliness. In journalism, making sure that your article topics are relevant is incredibly important; we were thrilled to see that the writing club had no such trouble coming up with ideas that were timely, interesting, and fun for them to research and write.

Our arts and culture group chose to do their article as a movie review, with the new release Frozen 2 in their crosshairs. The girls enjoyed the movie and chose to highlight Olaf the snowman's hilarious hijinks in their review; weaving in their own personal experiences at the theatre, these girls painted a frosty fun image of the movie in a picture-perfect review.

The editorial group found their passion for writing in arguing for artificial trees over live trees in their editorial article focusing on the dangers of live trees to families with pets. They had the unique opportunity of getting a local veterinarian to interview for their article and the girls were very excited to use a reputable source to back their arguments.

In our news group, the girls chose to focus on a charity giving our fallen troops honor during the holiday season. The students reached out to Wreaths Across America with interview questions, but still wrote a successful and informative article even when the representatives didn't return their email in time to be published; the news group displayed adaptability and tenacity that was very admirable even in the face of disappointment.

The sports group chose to focus on top five teams to make it to the NFL this year, using research they obtained from one of many sport statistic sites. The boys learned about citing sources in articles and even quoted their writing club teacher, Mrs. Swind, at the end of their article; their list was quick and easy to read and bursting with information.

To finish up our visit, the students went through the editing process just like real journalists and we talked about what was successful in their articles and what could use improvement. We left them with the call to read more, since reading great writing will create great writers.

The Lions' Pride hope to reach out to the Ozona Elementary writing club next winter as well, and continue to serve these future writers with our time and talents. We're also looking into doing similar journalism programs with local elementary schools in the coming years as well.

"This was an amazing opportunity that was well-received by my principal when I brought her the idea early in September," said Michelle Swind, fourth grade teacher at Ozona Elementary School and the organizer of the writing club. "Both my principal and I are excited to hopefully work with Saint Leo University again and offer this experience to next year's writing club."

Ozona Elementary School's writing club is so eager to share their articles with the Saint Leo community and The Lions' Pride is proud to serve as the platform for these little scholars' first publication. We hope you enjoy reading their work as much as we enjoyed teaching them.

**The Following Articles were written by the students of Ozona Elementary School.**

**The students were involved and cheerful throughout the six meetings we shared with them; they were always eager to participate and share.**

# Campus News: Exclusive

## Olaf steals the show again!

Do you like icy adventures? Frozen 2 is a flurry of fun, and it's full of excitement and laughter!

In the original movie, Elsa and Anna's parents leave Arendelle on a mysterious trip and tragically die at sea. In Frozen 2, Elsa and Anna set off on a journey to find more about their past and after arriving in the mystical Ahtohallan, find out that their parents had set out to find out more about Elsa's powers.

Elsa and Anna are faced with an unexpected turn of events and must overcome adversity. Even during these struggles, they experience the joy of friendship, sisterhood, and laughter.

However, one of the best highlights of the movie was how hilarious Olaf was!

"Elsa, Anna, Samantha, HAHAHAHA, I don't even know a Samantha!" (Olaf, Frozen 2) is one example of how hilarious Olaf is throughout the movie. Olaf's actions were especially funny because he was flailing his arms like a maniac.

He also fell to his knees while laughing like crazy as well, making this moment very funny.

Two of our group members, CC and Maya, were in the movie theater watching this movie together, and during this moment they started laughing hysterically and almost everybody in the movie theater started shushing them.

Another example of how hilarious Olaf was during the movie was when he said, "At least they have their parents! ...Their parents are dead." This part was very funny because in the moment it was very happy when he said, "At least they have their parents," but the happiness quickly turned very funny/sad because Olaf said "... their parents are dead.

Olaf's quick change in mood and tone made this moment hilarious!

Frozen 2 introduced a few new characters, but they were so forgettable we already forgot most of their names. The flashback in the beginning that sets up the movie was also very short and movie really relies on you having watched the previous movie to understand what is going on.

The music was much better than it was in the original movie and the songs were more mature and serious than before. Olaf's new song, When I Am Older, was better than his song from Frozen, In Summer.

Olaf is truly the star of the Frozen world once again! Frozen 2 is definitely worth the watch and thanks to the story of the movie, there is plenty of room for another amazing sequel!

CC (left), Madelyn (center), and Maya (right) represented our arts and culture group and they let their creativity flourish in their movie review about the movie sequel six years in the making, Frozen 2.

## Wreaths Across America is putting wreathes on veterans' graves to honor

Wreaths Across America is giving a salute to honor the ones who lost their lives in the fight to protect America.

Wreaths Across America is accepting donations all through the year to honor people who died in war.

You can donate money to the service if you have a loved one who was a veteran and died in war. By Christmas they will put a wreath on their grave to remember and honor them.

According to wreathsacrossamerica.org, the story of this organization starts off in Maine, where a 12-year-old paperboy named Morril Worchester took a trip to D.C. and saw Arlington national cemetery. That trip gave him the idea to place wreathes on all of the graves of veterans that lost their lives in war.

Now, a little more than 26 years later, there are more than 1.8 million wreathes on veterans' graves.

The motto for Wreaths Across America is 'Remember, Honor, Teach'. The organizer who wrote the motto put 'remember' as the first line in the motto because we want to remember the loved one who died and be thankful for their services.

Second, they put 'honor,' because we want to honor them by ordering a wreath in their memory. Lastly, we have 'teach,' because we want to teach the next generation of kids their story and about their service.

The organization has even come so far as to have their own national day. On Dec 14 of every year, Wreaths Across America sends volunteers out to help put wreaths on veterans' graves and have ceremonies to remember those fallen heroes.

If you want to honor a loved and missed veteran or if you'd like to learn more, you can go to wreathsacrosssamerica.org. It is $15 to sponsor and buy a wreath.

To volunteer for Wreaths Across America Day, you can go to the same website and sign up to volunteer for the day. Every moment you give helps; if only one person volunteered, the process would go way slower and less wreaths would be put up.

If you need more information, you can email Wreaths Across America from the contact tab on their website, or reach them by phone at (877)-385-9504.

Carlie (left), Zoe (center), and Sofia (right) chose to honor our troops by bringing attention to the charity, Wreaths Across America.

# Campus News: Exclusive

## Can real trees be hazardous to pets?

Most people believe that artificial trees are better than real trees because real trees can be harmful to pets.

Artificial trees are better for pets' health than real trees because real trees bring sap, needles, and other problems into the home. Pets also sometimes like to drink the water we use to keep these real trees alive.

"Live trees can be an issue because dogs tend to like to drink the water around at the base and chew on the leaves, and ingest the leaves, and that can cause some gastrointestinal upset." Dr. Douglas Janson, Associate Veterinarian at TLC Animal Hospital said. "The most common thing we'll see would be…vomiting, diarrhea, [things] of that nature."

Many people have said the same thing as the Associate Veterinarian. Cheryl Mckenna, a classroom assistant at Ozona Elementary said that her cat drank out of the water when she had a real tree, and she worried that her cat may get sick.

Decorations on the tree can also be hazardous to pets. Tinsel, ornament clips, candy canes, and ornaments themselves may get eaten and pets could choke or scratch their throat.

Another threat from real trees is oil and sap. Pine needles and sap may drop from the tree and get eaten.

Oil could get stuck in your pet's fur, and since sap in still in the tree, it could drip down and the pets could eat it. Sap could stick in your pets fur and the presence of the sweet sap could attract bugs in the house.

"[Christmas tree sap] is not something we consider to be toxic, but at the same time it can cause some GI upsets," said Dr. Douglas. "Both types of trees can be an issue. …Each type of tree does have their individual strengths and weaknesses."

Even though artificial trees are the right way to go, both trees can drop needles and be hazardous to pets. When you are setting up your artificial tree needles may shake and fall, but when you have a real tree needles fall constantly.

"[With fake trees, puppies] also like to chew on the branches and sometimes we've seen cases where they'll actually break off a piece and eat it [which can sometimes]… lead to the need to have surgery," warned Dr. Douglas.

A way to protect against this is put a fence around your tree. Your pet will not get past this.

"One thing I suggest is that when families are putting up the Christmas tree, to watch your pets very closely to see how they're going to react," Dr. Douglas advised. "Certain animals, either dogs or cats, certain pets won't really care. They'll kind of ignore the tree and if that's the case, that's wonderful. If not, then the real secret is finding out what your pet's vice is. If they're getting into the tree, come up with creative solutions…to deter them."

Dr. Douglas cited fences and moving the tree to another room where your pets are not allowed as good ways to prevent your pets from messing with trees. He even mentioned how one of the vet techs at TLC Animal Hospital wrapped her vacuum cleaner around the tree to deter the cats, who don't like the vacuum.

"I actually personally have a fake [tree] because I figured that maybe my dogs might be less likely to mess with it than a real tree – my cats too," explained Dr. Douglas.

Real trees are hazardous to pets because pets can drink the water and ingest the sap, making them sick. The choice between real and artificial trees is yours, but keep your pets in mind when picking a tree this season.

**Lucy (left), Sophia (center), and Alida (right) channeled their love of animals through their editorial article about artificial and live trees, asserting that artificial trees are safer for pets.**

## The Race is on to win The Super Bowl!

Here are our five top contenders to win the Super Bowl! Using scores and records from Football Reference, we put together a roster of incredible teams that have a chance to win it all.

5. Coming in at Number 5, we have the New England Patriots. Their coach Bill Belichick has coached 19 years of professional Football for the Patriots.

The Patriots are 6x champion and with their quarterback, Tom Brady, the Patriots chance to win the super bowl is + 400. The Patriots' record going into Week 15 is 10-3.

4. In the number four spot is the New Orleans Saints. Coach Sean Payton has coached 13 years for the Saints and he's a 1x champion.

Thanks to their quarterback, Drew Brees, the Saints' chance of winning the Super Bowl is +1000 with an identical season record going into Week 15 as the Patriots. The Saints will be in the Wild Card Game, but they can still win the Super Bowl.

3. For number three, we have the Green Bay Packers. Coach Matt LeFleur is in his 1st year coaching the Packers and he's a 0x champion, however with a quarterback like Aaron Rodgers, the Packers' chance of winning the Super Bowl is +2000!

The Packers record going into Week 15 is 10-3, the same as the Patriots and Saints.

2. Getting close to our top spot, but not quite there is the San Francisco 49ers.

Kyle Shanahan, the coach for the 49ers, has coached 3 years with this team.

He is a 0x champion. The quarterback is Jimmy Garoppolo and the 49ers' chance of winning the Super Bowl is +4000.

Their record going into Week 15 is 11-2, a step up from all the teams mentioned before them..

1. Our top contender for the Super Bowl title is the Baltimore Ravens, with coach John Harbaugh. Harbaugh has coached 12 years and he's a 2x champion.

The quarterback is Lamar Jackson. The Ravens' chance to win the Super Bowl is +4000.

The Ravens record going into Week 15 is 11-2 and although their stats are identical to the 49ers, Harbaugh's 2x championship record edges the Ravens into number one.

The Wild Card

With every great game there's a wild card team, or in this case, a list of them. Keep your eye on the Pittsburg Steelers, Kansas City Chiefs, and Minnesota Vikings.

Don't count these teams out of the Playoff Picture just yet, because they can still win the Super Bowl!

"I'm super excited that the Buffalo Bills are in the Wild Card game," said Michelle Swind, a fourth grade teacher at Ozona Elementary School and a graduate of the University of Buffalo. "Nobody circles the wagons like the Buffalo Bills!"

**Our sports team, Gabriel (far left), Brady (center left), Tyler (center right), and Blaine (far right), are all big football fans, so getting to write about the NFL elated them.**

Photos by ILPMG

# I Watched All Three Star Wars Movie Trilogies So You

Gracie Swind
*Staff Writer*

Before a little over a week ago, my knowledge of the Star Wars franchise was heavily limited, and I mean heavily limited. My understanding of Star Wars capped out at being able to identify a Stormtropper at an anime convention and whatever I was able to glean from that one ride at Disney World that I rode when I was 11. (See Star Tours)

My experience with Star Wars in general was also a strange one. From observing borderline-rabid fans at conventions and online forums to having a now ex-friend of mine claim to disown me after learning I had never seen a Star Wars film (not related), I can't say that I've had the best motivation to pursue seeing any of the films.

Nevertheless, with the supposed "final" Star Wars film coming out around the end of 2019, I decided to make it my goal to watch all of the Star Wars films before I returned for the spring semester. I shelled out my $7.99 for the Disney+ subscription and then proceeded to procrastinate all break by watching old Pixar movies instead of being productive.

(Side-tangent: the Cars trilogy and both Monsters, Inc. movies absolutely slap and there's nothing can you do or say to change my mind.)

Faced with only a week left before returning to campus and knowing that I had to write this article for the January issue, I did the only thing that any self-hating journalist could do. I set the movies up to play on my phone, rested my phone screen against my laptop screen, and did nothing but play Minecraft and power through eight Star Wars films over the course of about 96 hours.

So here are short, mini-reviews of each movie, coming from a person who didn't know what Starkiller Base was before she started, and still doesn't really understand it after. Be warned that there may be blood and there will definitely be spoilers.

The Original Trilogy: What I Came For

A New Hope – The first Star Wars film was not bad at all; although somewhat slow and dry at times, I had a pretty good time watching it. The movie does a good job of acquainting the viewer with the universe that Star Wars takes place in and explains the basic functions and fundamentals of the Force and Jedi, but where it succeeds in explaining the concepts of the world, it utterly fails at explaining the smaller details.

Often while watching A New Hope, I felt like something had been left out or things were moving too quickly. At certain points, Luke would start talking to people as though we should recognize them or know who they are and then, ten minutes later and only through some forced backstory line, we realize that the person in question was just one of Luke's old friends from Tatooine.

All in all though, it was a good action movie and generally entertaining, especially for the time when it came out. I give it 7/10 paws for a good, solid foundation to a franchise.

The Empire Strikes Back – The Empire Strikes Back followed the lead of A New Hope in being an enjoyable movie, albeit a little dry. Once again, it was a very long movie and the time frame was a little murky, but the overall story was engaging and interesting.

This is also the movie that coined the infamous "I am your father" line, which was certainly cool to see after all this time of hearing it referenced. We also start to see Luke maturing in a way and developing as a character, which is a breath of fresh air in the face of our present film industry which is heavily saturated in flat, unchanging characters.

The betrayals are predictable, but only because they're realistic for the characters and situations at play. As someone who honestly didn't know how the series played out, watching Han Solo get frozen in carbonite had me sweating, which was also really nice since movies rarely hit home with the idea that there are stakes in what is happening onscreen anymore. 8/10 paws!

Return of the Jedi – At this point while I'm writing, I almost feel like a broken record; Return of the Jedi faced the same pitfalls as the past two while hitting the same highs as well. It was certainly my least favorite of the originals simply because it feels like very few things happened and was very drawn out, on the whole.

At one point, it is revealed that Luke and Leia are twins, which only makes the fact that Leia made out with Luke in the previous movie to make Han jealous even more uncomfortable. The ending scenes with the final faceoff between Luke and Vader are both heart-warming and a little frustrating.

The movie ending was very satisfying and overall, it was a good wrap-up to the first trilogy. 6/10 paws; the ending was great, the rest could've used some work.

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# Arts and Culture

# Top 9's for 2019

Photos by ILPMG

**Apple came out with the newest iPhone; the iPhone 11. iPhone fanatics went crazy over the latest updates, not to mention it has three cameras.**

Jenna Skrelunas

*Contributing Writer*

As we approach the 2020 year, and we say goodbye to 2019, we tend to forget about the highlights that created amazing memories. These memories can potentially last a lifetime. So, let's reminisce on some of our favorites from this past year.

Let's start with some music. Everybody loves a good tune nowadays. Billie Eilish, at only 17-years-old, has made a massive impact on her fans. She gets more and more reaction to every song she reveals.

One of her most popular songs in 2019, Bad Guy, was Number one on the charts for a while. With the song's interesting rhythm and her distinct vocals, she made sure her fans were going wild and listening to the song any chance they got.

Speaking of artists, Lizzo has become a massive success in the music industry. Her popular song, Truth Hurts, made it big in 2019 when it skyrocketed on the charts and gave her fans a sense of her Pop style.

The song was on top of the Billboard Hot 100 as Number one for six straight weeks and then dropped to Number two for the seventh week.

This skyrocketed Lizzo's career as a new artist leaving her as one of the most successful artists in 2019. Her spunky attitude and self-confidence show her fans to love themselves regardless of the stereotypes.

We can't have music without a good dance! A few years back, we started with dances such as The Wobble or The Wop. So, what has dancing evolved to today? One of the most known dances of the 2019-year, flossing, made an appearance in a popular video game, Fortnite.

Most people do not realize that the viral move was technically invented by a 16-year-old boy, Russell Horning, who posted a video on YouTube. The dance later appeared in the video game, where it became the "next big thing."

Moving on to other types of entertainment, Netflix and Reality TV shows. When talking to Saint Leo students, most confessed that the average person watches reality TV shows for 4 hours a week.

However, the younger crowd reveals that they can binge-watch a Netflix show for seven hours in just one sitting.

So, what are these people watching? The Bachelor/ The Bachelorette are two of the most popular television shows in America, leaving their audience wanting more each week.

This year's Bachelor, Colton Underwood, and this year's Bachelorette, Hannah Brown, allowed themselves to be completely vulnerable as the cameras shot their day-to-day lives.

The show begins with 20 contestants, and each week the number decreases, leaving only one person at the end. No wonder their viewers are so hooked!

This year's most-watched Netflix show was the series, 13 Reasons Why. This in-depth series offers exciting scenes about a group of high school teens who deal with traumatic issues in their daily lives. It raises awareness of abuse, depression, suicide, and bullying, giving it very controversial topics to talk about.

YouTube is another form of entertainment that surrounds our society. From DIY projects to song lyrics and vlogs, YouTube has it all.

Liza Koshy is one of the most famous YouTubers who has found herself going from making vlogs to starting a career with Nickelodeon.

This is the case for most YouTube famous stars. Logan Paul has gone from creating his videos to starring in advertisements for major companies.

Jenna Marbles is another huge success. She has gone from being a popular comedian on YouTube to an executive producer for projects such as Maximum Ride.

What about movies? Avengers: Endgame was one of the biggest films ever made, making the most money. It raised billions when it hit the theatres on Apr 26.

# Arts and Culture

# Top 9's for 2019

Photos by TLPMG

year's most-watched Netflix show was the series, 13 Reasons Why. This in-depth series offers exciting scenes about a group of high school teens who deal with traumatic issues in their daily lives.

The Avengers movies, in general, has always been a famous series to its viewers. Being that this was the last film for their different phases, it was sure to get attention.

People lined up outside the theatre doors on opening nights, awaiting the three hours to come. The movie brought fans to tears as all the Marvel characters joined together to fight one last time.

On another note, in 2019, Apple came out with the newest iPhone; the iPhone 11. iPhone fanatics went crazy over the latest updates.

The phone has not one, but three camera lenses to help enhance the quality of the images. With these features' pictures, videos, and games appear more realistic.

The phone is also water-resistant. Some would say it succeeds the iPhone XR, but less expensive. Good job Apple for, yet again, making another stylish and savvy phone.

Speaking of style, let's talk about trending fashion for the year. Stores have come out with a whole new type of "grunge look" by taking using baggier clothes and making it appear more expensive.

For example, a lady might take a sweatshirt but pair it with a denim skirt, and all of a sudden, it's a look. Tucking the front of shirts in and leaving the back out has become a trend, as well. It adds a little spunk to a simple outfit.

To end off the 2019 year, let's talk about some of the most popular memes.

The "woman yelling at cat" meme has made its appearance on many Instagram feeds relaying a humorous image to its viewers. Whoever decided to put these two images together has sparked a reaction, and now it has gone viral.

Another meme from 2019 would be the SpongeBob meme, where it states, "ight imma head out." For some time, this meme would appear about ten times in one sitting on social media.

2019 was filled with many memorable top 9's. As I'm sure we are all looking forward to the 2020 year, let's not forget about the good time from the year that just passed.

Billie Eilish, at only 17-years-old, has made a massive impact on her fans. She gets more and more reaction to every song she reveals.

# 5 Tips for getting over the Holiday Slump

Lauren Felts
*Editorials Editor*

Photos by @CDC_Cancer

**Physical activity is a great way to keep yourself from being bored. Instead of staying home on a Saturday night watching Chef's Table with your loved ones, go for a walk.**

With the start of a new year comes the ending of another one. For some, a new year can be exciting.

However, the bittersweet close of what may have a fantastic year for some, can be disheartening. For others, the holidays are always a joyful time filled with memories consisting of a never-ending chain of sweets and cozy sweaters.

Unfortunately, the holidays tend to end as quickly as they come around each year. So, here are five ways to get excited for the new year and get over the holiday slump.

Tip #1

Set an attainable and manageable resolution. Stop setting out of reach goals for yourself only to be disappointed two weeks in because it was more than you could chew.

Plan out a new resolution that makes you happy to do it and excited to start it. Find creative ways to stay motivated such as bringing along friends or making bets with them to keep it exciting. Make it attainable.

Don't set an impossible resolution for yourself such as, "I want to lose twenty pounds this month." Make it possible but challenging.

Tip #2

Find a hobby you enjoy and have a passion for. Many people never do what they were called to do in their life.

Try something new for a change. You might end up liking it more than you expected. Take a class to get better at your hobby more easily and efficiently.

Lastly, take advice from friends or family, their suggestions on what you could do might be worth experimenting with.

Tip #3

Never stop learning. Learn something new every day, big, or small. Keep your brain active and train it to crave knowledge.

That craving could turn into a need. Whether it's reading an article online on how to smoke your own salt at home or learning how to ski, it's good to constantly be learning something you didn't know about the day before.

Tip #4

Stay active. Physical activity is a great way to keep yourself from being bored.

Instead of staying home on a Saturday night watching Chef's Table with your loved ones, go for a walk. Bring the dog.

Make it fun. Instead of playing Candy Crush to pass the time, go running, or swimming, or kayaking.

Just stay active. It's a good source of energy, a natural endorphin rush, a confidence booster, and it's incredibly social-friendly.

Tip #5

Join a club that's acquired to your style. If you find yourself with too much free time and need more social-connections, it may be a good idea to join a club.

It could be a book club, yoga class, poet society, gym, or even a vacation club.

Having something to look forward to each week, month, or year can help take your mind off of stressful topics and get yourself focused on something a bit more positive and healthy. Let the new year begin.

# Editorials

## The Country that Keeps Giving-Israel

Annie Schulten

*Letter to the Editor*

When someone first hears the word Israel, they immediately think of all the bible stories they were told as a kid. At least that's what I thought when I first heard the word Israel.

Growing up in a religious family, I knew that Israel was significant to Christianity because of how much it was mentioned in the bible.

It wasn't until I was a duel-enrolled senior in high school that I realized how vital Israel truly is to the world.

When I was in high school, I was invited to attend a Christians United for Israel Summit in Washington D.C. during the summer on a scholarship.

I have always been involved and active in the political world and did consider myself to be Pro-Israel, but I had never given it my full attention.

After this experience, it had my full attention. Having seen Israel firsthand, I can fully attest that it truly is the most humanitarian country to ever to exist.

Just like the Jewish people, Israel is resilient in its eagerness to constantly reinvent itself time and time again.

**Israel leads the world in humanitarian aid per capita .**

**Israel is no greater friend to America spotlight on America**

**Give credit to where credit is due**

THE LIONS' PRIDE
MEDIA GROUP

## Letters To The Editor

- 500 word maximum
- No profane or slanderous language
- Students: Include name and year
- Faculty: Include name and rank
- Please include a phone number to verify authorship
- We reserve the right to edit for grammar/spelling/libel or publish.
- Send submissions to **thelionspridenewspaper@gmail.com**

# Saint Leo Softball Set to Open the Season

William Burns

*Sports Editor*

The Saint Leo University softball team is kicking off their season on Jan. 31, as they travel to the Gulf Coast Invitational in Gulf Shores, Alabama. Here the team will stay the weekend and compete in six games before returning home.

Last season, the Lions had 31 wins to 18 losses overall, with a conference record of 20 wins and 10 losses. The Lions defended their home field well, with 14 wins on their home field, and only five losses.
The Lions did lose some valuable players, but they are returning lots of key offensive weapons that will make up a very dangerous lineup.

Last season, the Lions averaged nearly four and a half runs per game, stemming from an average of 7.3 hits per game. The Lions were very patient at the plate, as they drew many walks, and averaged only four strikeouts per game. The Lions put the ball in play and took advantage of this strength. With lots of speed on the base paths, they were able to force opponents to make mistakes leading to runs and scoring opportunities.

Some notable offensive returners include Kacie Kelly, Sarah Pauscher, and Kendyl Crean. Kelly is a senior who led the team in batting average, hits, and runs scored in the 2019 season.

Pauscher was fourth in batting average last season but is second to Kelly as a returner this season. Pauscher was also fifth on the team in runs scored and fourth in hits. To go along with these stats, she also added power to the lineup with four home runs on the season.

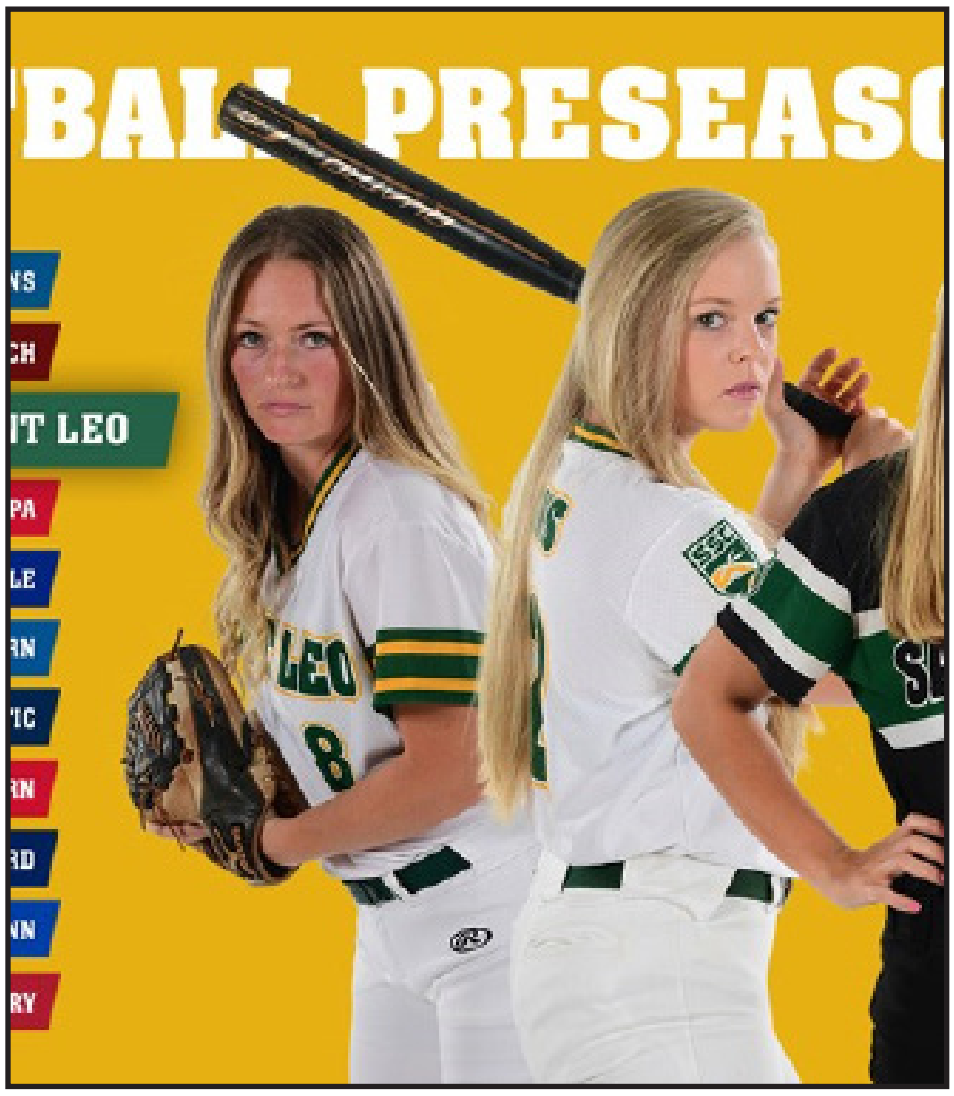
Crean was fifth on the team in average, fourth in runs scored, and fifth in hits. Crean also led the team in home runs with seven on the season. If these ladies keep this up, they will make a very strong core to the lineup.

As a team, the Lions outscored opponents 219 to 130 and outhit them 360 to 279. In fact, the Lions were better in all offensive categories than their opponents were throughout the season. Only a few teams were able to stymie the Lions, which is why the Lions had such a good season.

The Lions are coached by Erin Kinberger. Kinberger became the Head Coach of the Lions in 2014 and has accomplished much with the team since then.

She has a .723 winning percentage at Saint Leo in addition to two Sunshine State Conference Titles, four straight NCAA tournament appearances, and one NCAA South Region Title. As a former Saint Leo Player herself, Kinberger was inducted into the Saint Leo Athletics Hall of Fame in 2017.

The numbers are good, and with a great coach and returning players, the Lions are looking to have another impressive season and make it to five straight NCAA appearances and strive for excellence as they take aim for the top honor this 2020 season: winning the NCAA tournament championship.




Senior Kacie Kelly made the NFCA All-South Region Second Team for the second straight year after last years performance.

Senior Kacie Kelly made the NFCA All-South Region Second Team for the second straight year after last years performance.

@saintleoathletics

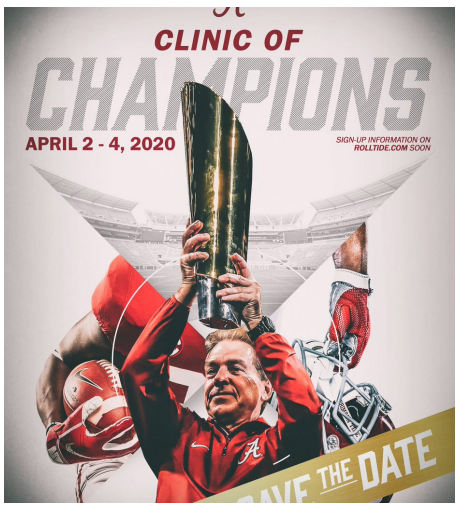
# Top 5 Sports Moments of the Decade

William Burns

*Sports Editor*

With another decade past, sports fans were blessed with many great moments. Curses were broken and the impossible happened over and over again. The Lions' Pride Media Group compiled a list of the top five most impressive sports moments of the past decade. These picks take into account many factors and may not be agreed upon by everyone.

## 4. The Kick Six:




College football has been the joy of many fans across the country and there is nothing better than a good old rivalry. In 2013, SEC powerhouse college football teams squared off in the Iron Bowl. This matchup between the Alabama Crimson Tide and the Auburn Tigers had video game-like moment to end to the game. The game was tied at 28-28, with Alabama attempting a field goal to win the game in the final seconds. They set up to kick the field goal from near midfield. On the final play of regulation, Alabama attempted the field goal. The kick was just short and was caught in the back of the endzone by Chris Davis. Davis raced his way out of the endzone, returning the missed kick 109 yards, shocking players, coaches, and fans to stun the Crimson Tide and hand them their first loss of the season. This unheard-of feat became a sensation overnight and was talked about by many sports fans.

## 2. Malcolm Butler INT to win Super Bowl XLIX:

In 2015, the Patriots faced the Seattle Seahawks in the Super Bowl. The Patriots had the duo of star quarterback, Tom Brady and the unsmiling, Head Coach, Bill Belicheck. The Seahawks had Russell Wilson and 'Beast Mode,' running-back, Marshawn Lynch. The Seahawks were the defending Super Bowl Champions and had the chance to win back to back titles. The Patriots lead the Seahawks as Wilson lead his team down the field for a chance to take the lead back. The Seahawks made it all the way down the field, and it was first and goal, a touchdown seemed guaranteed. But, rather than let Lynch bulldoze his way into the end zone, the Seahawks threw on second-and-goal from the one-yard line, Malcolm Butler

jumped the route, stealing victory from the jaws of defeat and adding another title to the Patriots dynasty. This Play blew up after the fact since their running-back was one of the best running-backs of the time. The choice of play was debated hotly but it does not change the fact that it is one of most intense moments in sports history.

## 1. The Block/Cavaliers overcome 3-1 NBA Finals deficit:

There is no debate on whether or not James is the greatest player of the decade. A highlight reel of James' best plays of the decade would stretch for hours, if not days on end. But his best play of the decade was likely his most consequential. With just two minutes left in Game 7 of the NBA Finals, James chased down what looked like an easy bucket for the Warriors and slammed a block into the backboard. It was a play that had to be seen to be believed.

## 5. Tiger Woods wins the 2019 Masters:

Tiger Woods began his professional golfing career in 1996 and began his meteoric rise to the top of the golfing world. From 1999-2004 Woods was ranked as the number-one golfer in the world. Woods dominated the golfing world during the '00s, until personal problems began to affect him. Woods briefly dropped off the leader boards in the early '10s, but in 2013 to '14, he was again the number-one golfer in the world. Then, a string of injuries coupled with an arrest took a toll on Woods' Career. Woods then dropped off the top 1,000 golfers list. This moment is impressive because of the comeback in Woods' career. After being so dominant, Woods completed a long climb back to the number-one spot as he won the 2019 Master.

## 3. Cubs win the 2016 World Series:

The Chicago Cubs suffered the longest championship draught in sports history. The Cubs had not won a World Series in over 100 years. Their last Championship was in 1908. The Cubs had been to several World Series in the early 1900s but had never won any of them. Many called the team cursed as they were unable to win any championships. The Cubs qualified for the postseason by winning their division, the National League Central. They then went on to beat the San Francisco Giants three games to one in the NL divisional round. After that series, they beat the Los Angeles Dodgers four games to two to win the National League Championship. This set up a world series between the Cubs and the Cleveland Indians. The Indians went up on the Cubs

with a series lead of three games to one. At this time, everyone believed that the curse would happen again, and the Cubs would lose again. However, the Cubs rallied and won the last three games to stun the baseball world and end the longest championship draught in baseball.

Facing a Warriors team that had gone 73 to nine through the regular season, had the first unanimous MVP, and once held a three to one lead in the Finals, James won the third title of his career and finally brought a championship home to Cleveland. This Championship was insane for Cleveland. The previous season James returned to the Cavs and had led them to a championship only to get beat by Warriors. This year was their redemption year and they did it after trailing a best of seven series three games to one. Not only did Cleveland overcome the impossible deficit, James also had a superhuman play that became one of the most iconic plays of the series.

# Top 5 Athletes of the Decade

Maliek Watkins

*Contributing Writer*

Maliek Watkins
Lion's Pride Top 5

As the decade ends, the athletic world was graced with many extraordinary talents to make the 2010's extremely interesting. Across the global board, athletics provided all fans with competitive rivalry, intense finals, and spectacular moments. Utilizing research from multiple sources, the list was made from the most impressive athletes. Here are the top 5

athletes of the decade:
#5 – Simone Biles.

Coming in at the number five spot is Olympic Gymnast Simone Biles. Biles stepped into the gymnastic world at the tender age of 14. She managed to collect her first world championship gold medal in floor exercises and all-around competitions a couple years later. She led the USA team to gold at the 2010 Rio Olympics. By herself, Biles won the gold in floor exercise, vault, and all-around competitions. She also got the bronze medal for the balance beam. She took a brief hiatus in 2017 but she came back with a bang by winning seven more individual gold medals at the 2018 and 2019 world championships. Through the current span of her career, she has won 25 gold medals: more gold medals than any other person in Olympic history. She is expected to rack up more at the Tokyo 2020 Olympics.

#4 – Lionel Messi

- Claiming the number four spot is the European League and International soccer player Lionel Messi. Messi is known as one of the greatest soccer players to ever live and is also half of one of the most popular soccer rivalries in history. The other half of this rivalry is Christiano Ronaldo. One of the most prolific goal-scorers, Messi has collected a record six Ballon d'Or awards. Five of them were acquired during the 2010s, making him the top soccer player of the decade. Playing for the European League, Messi spent his entire professional soccer career with the Barcelona Team. He represented his home country of Argentina during the FIFA world cup where he led Argentina to the World Cup Finals. During his tenure with Barcelona, Messi has a record of six Golden Boot awards and is the leading scorer in the top division of the five major European leagues. At the International level, he holds the record for being Argentina's leading scorer with 70 goals in 138 international appearances.

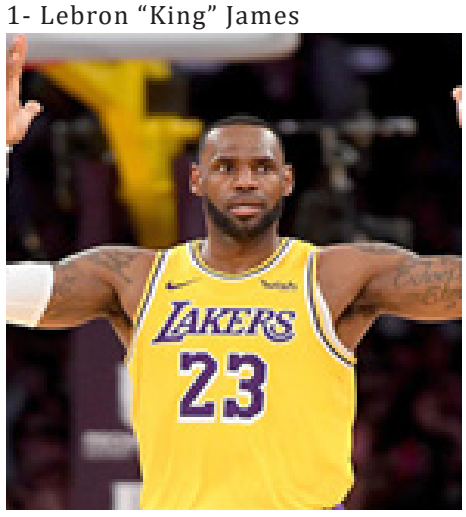
#3 – Serena Williams.

Coming in at number three is the great Serena Williams. Easily considered one of the greatest tennis players of all time, Williams has proven time and time again that she is a force to be reckoned with. Williams currently holds the record among both men and women for the most singles Grand Slam open tournament titles totaling 23 with 10 claimed in the 2010s. She also conquered the Olympics by claiming gold medals in the singles and doubles tournament all after her 30th birthday. The Women's Tennis Association has ranked Serena as "number one" on eight separate occasions. The sixth time she received this ranking, she held the position for 186 consecutive weeks. Williams has won a record of 13 Grand Slam singles titles on hard court. Williams holds the Open Era record for most titles won at the Australian Open (seven) and shares the Open Era record for most titles won at the US Open with Chris Evert (six). She also holds the record for the most women's singles matches won at majors with 349 matches. Serena, and her sister Venus Williams, helped to usher in an era of womanpower in the tennis world. Undoubtedly, Serena has planted herself as one of the greatest of all time.

#2- Usain "Lightning" Bolt

Though lightning may not strike in the same place twice, Usain Bolt claimed second place on this list as the second greatest athlete of the 2010s. Bolt was born on a small island in the Caribbean called Jamaica and is a former professional sprinter. Although he was already an international athletic superstar at the start of the decade, he made additions to his legacy by becoming the only sprinter to win gold medals in both the 100 and 200 meter races in consecutive Olympic games (2008, 2012 and 2016). In addition to his Olympic medals, he collected 11 gold medals at the track and field world championships from 2009 to 2015. As it stands, he is the world record holder for the 100-meter and 200-meter races with times of 9.58 and 19.19 respectively. It is no surprise that his speed earned him the name "Lightning Bolt" and currently holds the record as fastest man in the world. These accolades have earned him the right to be considered one of the greatest athletes of the decade, a big accomplishment for a young boy from a poor community in a third-world country.

1- Lebron "King" James



Every kingdom needs a king, so it is no coincidence that the kingdom of the decade's top five athletes has none other than the King himself: Lebron James. James is a professional basketball player for the NBA and represents team USA at the Olympic games. Entering his prime at the dawn of the 2010s, James left his mark in the sporting world as one of the greatest athletes ever. By statistics, physique, and overall dominant playing style, he earned the nickname "King James." James has played in eight NBA finals and won three championship titles. He was also voted MVP twice and received a gold medal for the 2012 Olympics. He holds the record for the most points in the NBA in the 2010s since the 2009-2010 season, solidifying him as one of the greatest basketball players of all time. Some may hate him while some may love him, but it is not up for debate what his legacy is as he has proven it time and time again both on and off the court. Currently playing for the Los Angeles Lakers, James is expected to have another championship under his belt very soon.

# Men's and Women's Lacrosse Programs Fired Up for the 2020 Season

Noah Dombroski

*Contributing Writer*

The Saint Leo Lions were picked to finish second in the SSC in the preseason poll.

@saintleoathletics

With 11 veteran seniors on the roster this year, the Saint Leo University Men's Lacrosse team is looking to make a big push for their second appearance in the Division II national championship game in the last three seasons. After finishing with a record of 10 wins and seven losses last year, the team enters this season with a number 16 ranking in the nation. Having won four out of seven conference contests in 2019, the Green and Gold's performance was respectable, but a far cry from their run in the 2018 season, where they went 16 to three and finished at an undefeated seven to zero in conference matchups.

Head coach, Brad Jorgensen will certainly be looking to quickly bounce back to that kind of season performance as he enters his 15th year at the helm of the program.

Seniors on the team include Devin Sparks (R-JR), Philip Buque, Collin Beck, Jack Spera, CJ Stowell, Ethan Ticehurst, Mike Simmons, Matthew Laird, Ian Areford, Matt Shand, and Daniel Sparks.

Last season, Charlie Kurtenbach led the team in points with 73 and assists with 33, while Buque finished first in goals scored with 51. Thomas Tatarian spent the most time in the net in 2019, finishing with an eight to six record and a .528 save percentage. As a team, the Lions notched 255 total goals in their 17 games, an impressive feat considering that, in their 19 games the year before, they scored almost the same amount at 258 despite playing an extra two games.

The men's squad will play at home at the University Turf Stadium only four times this year. The home opener will be the fifth game of the season, to be played against Walsh on March 7 at 11 a.m. The first intra-conference matchup will be held two weeks later against Rollins, also a home game, scheduled for March 21 at 1 p.m. On April 11 at 1 p.m., the organization will face off against Embry-Riddle in their final home game, which will also serve as the team's Senior Night.

The anticipation is palpable as this 2020 season fast approaches, and the men's team will soon travel to Jacksonville to play Colorado Mesa on Feb. 8 to kick off the year. Furthermore, this Saturday at the University Turf Stadium, the Green and Gold is set to face-off against this year's Alumni team in the annual alumni scrimmage. This competitive warm-up game will begin at 2 p.m.

The Saint Leo Women's Lacrosse program is also plenty excited for this upcoming season, and for good reason. Last year, the team started out with an undefeated 13-game run before their first loss and have finished with an incredible total record of 24-10 over the past two years combined. Furthermore, for the first time in organizational history, the Lady Lions are heading into this season already ranked in the top 20 DII teams in the nation, coming in at 17th in the Nike preseason polls.

The team enters the 2020 season with 17 returning veterans, including five seniors: Janee DeLuca, Ashley Salvett, Sydney Drummings, Delaney Chrisco, and Erin Davis. Eleven incoming freshmen and four transfers round out the rest of the roster. Last year, the Lions were led by then-senior Leslie Ferguson who finished first in goals scored (57) as well as in total points (74).

The Walstad sisters Lexie and Kaylah placed third and fourth on the team in scoring, tallying 72 goals and 29 assists combined, so all three of those players are sure to be missed this season.

DeLuca, who finished second in scoring last year with 66 points, will surely be leading the Lions on the offensive end of the field this season. Davis spent the most time in the net last year, finishing with a record of 8 wins and 2 losses, and a save percentage of .511. She will likely be commanding her defensive line along with Salvett, the team's star senior defender. At the head of the program is head coach Caitlin Hansen, entering her third season. Hansen is due much of the credit for the team's record-breaking performance these past couple of years. At her side is assistant coach Allie Modica, a former all-SSC lacrosse player herself.

The Lions will play at home at the University Turf Stadium a total of eight times this 2020 season. After their annual scrimmage against the Alumni team next Saturday, the Lions will open up their regular season at home against conference rival Rollins, a matchup which is scheduled for Saturday, Feb. 8 at 1 p.m. They will close their season with seven straight intra-conference matchups, ending the year with a home contest against Florida Tech on April 18. A key matchup this season will be at home on April 1 against Tampa, a team that is coming into this season ranked as the 6th best DII team in the country.

Make sure to come out and support the Lions at their home games this semester. The dates and times of every sporting event can be found on the full athletic schedule at SaintLeoLions.com. Additionally, the teams' social media can be found on Instagram, Snapchat, and YouTube. Almost every game, whether home or away, can be streamed live online with video, stats, and commentary via the Saint Leo Lions website or one's Saint Leo Student Portal.

The Saint Leo Lions were picked to finish fourth in the SSC in the preseason

# How to Combat Campus Pests

John Hall & Maliek Watkins
*Editor in-Chief and*
*Contributing Writer*

One of the most frustrating and annoying creatures that humans have to deal with, is one of the smallest creatures which is the ant. As for the students of Saint Leo University, ants are basically only seen as an annoyance as their dorms are traversing their living spaces. From the beginning of the semester to now, students reported an influx of ants in and around the apartment areas.

Associate Vice President of Facilities Management, Jose Caban explained that there were several factors that played into the "sudden" appearance of ants around University Campus; including but not limited to weather changes, and human factors. According to Caban,

"What you are seeing with this ant issue is saturation, We've had a lot of rain this summer and we've had a lot of hot temperatures, and if you noticed they're going into buildings because it's just too wet and too hot when the] sun hits the grass when there's water pooling, steaming and cooking the pests which leaves them looking for refuge."

To remedy this issue, Caban turns to Angel Calderon Pest Control Technician at Terminix, and a partner of the Saint Leo community for over a decade.

Calderon explained that usually persons request that their apartments and living areas be sprayed to eliminate the pests. Calderon explained this is not his first option saying, "I'll go through it and I will assess the situation, see what it is, and [evaluate], what will be the least invasive method to the students."

Calderon explained that most times he uses a gel bait that attracts the creatures to it, when consumed the gel terminates the pests.
It was explained that the travel path of ants usually lead to spots like cabinets and crevices in the seams of the doors and hinges. Calderon explained that these would be the places he places the gel, clarifying that it would be completely impractical to spray pesticide in those areas as that is where food items and storage containers are kept.

Caban and Calderon emphasized the importance of placing in descriptive work orders when pests like ants are seen. "What ends up happening is I'll get a work order, I'll go to the room but the student's not there whoever submitted it. I have to look around and try to find where the ants are," said Calderon.

Caban explained that ants are not the only pests residents in the halls complain about. Amongst the 360+ work orders placed in since Aug. 2019, there were incidents of spiders, mice, snakes, palmetto bugs/cockroaches, and termites to name a few. According to Caban,with the 300 acres the school sits on and the surrounding wetlands, its natural the natural flora and fauna would attempt to get into the buildings.

Nevertheless, the team in Facilities Management is committed to producing remedies from the nuisances. However Caban made an appeal for all stakeholders in the Saint Leo community to be accountable for their part in the fight against all pests.

The pair explained that pests like ants find areas that they can hunker down in and come out only when it's time to eat or drink. Caban says for this reason, it's important not to compound the issue by providing sources for the animals to feed from.

The team recalls countless of tickets where persons have complained of ants and cockroaches in the apartments, only to respond to find instances of trash or dirty dishes in the suites. "One tickets' comment sections said, I found ants on the 5th floor, [when we went to the fifth floor] what do we find? Dishes and food all over the place," said Caban.

Caban continued, "What I hope that we accomplish is that we identify the issues, we talk about them and how to remediate them and then accountability where it is due." Ultimately Caban emphasized the point that the issues, faced with pests are not blamed on any individual, nor the inability to handle the pest situation.

The approach is a holistic one and in approaching it Caban says, "How do we get the masses to understand that it's a community issue, I'm [personally] not a big proponent about pouring chemicals, so just because

**Ants and other bugs continue to be a source of problems for residence of the apartments.**

[there may be] a minor ant problem, we don't want to spray chemicals constantly in rooms and hallways. So we try to identify where they're coming from, what's the food source? What's happening in this year, that's different than last year?"

One of the things that we did recently in house, which is we put a bait throughout the entire campus, because we've noticed that there is an ant issue and they're all over the place and we wanted to do is treat the exterior while Angel [Calderon] maintains the interior. Caban touted the abilities of Calderon as he has been able to identify issues unknown the Facilities Management.

"Angel to me has been nothing but an asset to the university, he's great with students and he's accommodating. So for instance, if you're studying for a test, were not going to spray, you call us when you're ready and we'll get there and will do the perimeter. I need him to come in at 4 in the morning on a Sunday to treat something, he's done that for us," explained Caban.

He continued, Angel finds and identifies issues that we weren't even aware of I'll give you an example, we had termites we didn't know we had.

When Angel went in he identified that it's a termite problem that came with the cabinets when they were installed. So he came in and treated with chemicals that were not harsh to the environment or to the people in the room." Caban added that the majority of the treatments are undetectable, by scent in addition to being non-toxic to humans.

As students continue to live in university based housing, it's important that they continue to be conscientious observing core values like Responsible Stewardship. It is imperative that student be accountable for their areas, working with Facilities Management to ensure a safe, sanitary and enjoyable living environment for all.

Photos Courtesy of Creative Commons

**The staff of Facilities Management have found trash within the apartments to be a food source for pests, along with weather changes like constant rain.**

# Editorial

# Distracted Driving

Lauren Felts
*contribuing Writer*

It's time to focus less on phones and more on driving:  A new Florida hands-free driving law was issued on July 1 of this year which requires drivers to keep their phones put away at all times and prohibits users from manually operating devices while driving through school or work zones.

Photo by Michael Jin on Unsplash

Driving while using a phone in a hand-held manner is now not only a serious offense against the laws of this state but is also extremely dangerous and life-threatening.

As of Oct. 1,  anyone caught holding a phone while driving in a school or construction zone will receive an automatic citation of $60 or more, plus any extra added fees, and three points put on the drivers' license.

According to data obtained by The Tampa Bay Times, 36 tickets were issued statewide through the first two weeks after the law went into effect. But through Sept. 17, police in Florida had ticketed 542 drivers for texting while driving and Florida Highway Patrol troopers had issued 438 warnings.

In fact, Officer Juliette Francis of the Florida Highway Patrol mentioned that she's worked about 65 crashes this year due to phones distracting the drivers. Many teenagers think they are invincible and can't get hurt behind the safety of the wheel, but it's actually the opposite. Being behind the wheel isn't safe, but dangerous. Driving isn't a game, but a privilege.

"Driving while texting has replaced driving while drunk per stats," said Francis, "My sergeant told me in my training that texting while driving is the equivalent of driving on  a football field blindfolded going 55 mph which takes about 4.6 seconds to get from one end to the other. On average, it takes about five seconds for a driver to get their attention on a text."

This has become a nation-wide epidemic and a very serious problem. The law has now noticed and is starting to take action.

"I do agree that this law will make a difference. It's extremely important to me as an officer that has seen many accidents because of cellphones." Officer Francis said. "I'm grateful that they started somewhere."

Currently, 48 states, plus Washington D.C., ban text messages for all drivers. And beginning on Jan. 1, 2020 the full law will go into effect in Florida where hands-free driving will not only be disallowed in school and construction zones, but the whole state. Now is the time to take advantage and start practicing.

"Lead by example," Francis said.

But how? Are there any exceptions to this rule? According to the Florida Highway Safety and Motor Vehicles (FHSMV) website, there are. These are the following exceptions:

•Wireless communication that does not require a person's attention to be diverted away from performing their duties as a responsible driver.

•Calling 911 to report any suspicious activity to law enforcement.

•Communication that has to do with an automatic activation of functions or features within your vehicle.

•Getting messages that are related to traffic, safety-related information, weather, the operation of your motorized vehicle, or the radio (podcasts, music) etc.

The law will also not affect those who decide to pull over, putting themselves and their vehicles out of any danger, to answer a text or perform a manually operated feature on their phone that takes their attention off the road.

Photo by Oleg Magni on Unsplash

"For anybody who is not aware of what wireless communication is, it refers to not operating any manual functions on your phone, including, letters, symbols, typing, and instant messaging,"said Francis.

Precautions and extreme measures are being taken to keep the citizens of Florida safe at all times so they can "arrive alive" to their destinations according to the FHSMV website.

"Over 3,000 teens and young adult drivers die yearly do to texting while driving," said Francis. "You are in fact 23 times more likely to crash while texting." She, along with any other police officer doing their civic duty, cares about the statistics on deadly crashes increasing each year due to cell phones. It's time to set it aside and be safe.

Additionally, a poll was taken on campus to show how much students and staff were aware of this matter. Out of roughly 100 students and staff members in the Saint Leo community, around twenty-two people had heard about the law. Very few of these 22 people had already taken measures to prevent deadly crashes and are driving safe.

The rest of the students or staff were completely unaware about the new changes. Including, Allyson Marino, an English Professor, who inquired that it was good information to be aware of such information.  "No, I had no clue." said Sandra Swiderski, a student.

"When you're behind the wheel, your specific actions can either cause or prevent an accident from happening. It's so important to be alert at all

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